

Carbohydrate Count of Common Food Items 9-12



Healthy meals grow *healthy kids!*



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Food Item: Fruit and Fruit Juices	Serving Size	Grams of Carbohydrates
Apple, fresh- Commodity	2 3/4" apple	~ 21 g
Apples, fresh, sliced	1/2 cup	~8 g
Apple, Slices, unsweetened, Canned – Mussleman's/Commodity	1/2 cup	~12 g
Apples, slices, unsweetened, frozen- Commodity	1/2 cup	~11 g
Applesauce, Unsweetened- Commodity	1/2 cup	~14 g
Apple, slices, unsweetened-Peterson Farms	1/2 cup	7g
Applesauce Cups, Unsweetened – Commodity	4.5 oz cup	~14 g
Applesauce Strawberry Unsweetened- Peterson Farms ASA10014	4.5 oz cup	14 g
Applesauce Strawberry-Banana Unsweetened- Peterson Farms ASA10015 (Strawberry Banana Applesauce)	4.5 oz cup	14 g
Applesauce Cinnamon- Unsweetened- Peterson Farms ASA10013	4.5 oz cup	14 g
Applesauce Blue Raspberry Sweetened- Peterson Farms ASA10008	4.5 oz cup	19 g
Blueberries, frozen- Commodity	1/2 cup	~ 9 g
Cherries, canned/frozen – Commodity	1/2 cup	~ 9 g
Cherries, dried- Commodity	1/4 cup	~ 32 g
Fruit Cocktail – Commodity	1/2 cup	~15 g
Mandarin Oranges	1/2 cup	~18 g
Pear, fresh- Commodity, 100 count	2 1/2" x 3 1/2" long pear	~25 g
Pear, fresh- 120 count	1 each (120 count)	~ 18 g
Pear, fresh, sliced	1/2 cup	~11 g
Pears, Diced, Canned in Juice	1/2 cup	~ 14 g
Peaches, sliced, canned – Commodity	1/2 cup	~ 14 g
Peaches, diced, canned – Commodity	1/2 cup	~ 14 g
Peaches, diced, frozen, Cup- Commodity	4.4 oz cup	~19 g
Peaches, sliced, frozen- Commodity	1/2 cup	~16 g
Pineapple Slices in Juice	1/2 cup	16 g
Raisins- Commodity	1.33 oz box	~ 30 g
Warm Cinnamon Apples*	1/2 cup	~15 g
Watermelon Fruit Salad*	1/2 cup	~10 g
Whole Grain Apple Crisp*	1 serving	~33 g
Whole Grain Blueberry Crisp*	1 serving	~30 g
Whole Grain Peach Crisp*	1 serving	~35 g
Whole Grain Pear Crisp*	1 serving	~37 g
Gelatin Fruit Cup (not with blueberries)*	1 serving	~20 g



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Gelatin Fruit Cup- with Blueberries*	1 serving	~12 g
Strawberry Compote* (topping)	2 oz	~15 g
Blueberry Compote* (topping)	2 oz	~11 g
Mixed Berry Compote* (topping)	2 oz	~11 g
Apple Juice - Ardmore	4 fl oz	14 g
Fruit Punch - Ardmore	4 fl oz	14 g
Grape Juice - Ardmore	4 fl oz	18 g
Orange Juice - Ardmore	4 fl oz	12 g
Purplelicious Juice-FUN!	4 fl oz	14g
Blue Razz Juice-FUN!	4 fl oz	14g
Apple Juice- Ardmore	6 fl oz	20 g
Orange Juice - Ardmore	6 fl oz	20 g
Fruit Punch- Ardmore	6 fl oz	21 g
Apple Juice- Ardmore	6.75 fl oz	25 g
Tropical Fruit Punch- Ardmore	6.75 fl oz	27 g
Grape Juice- Ardmore	6.75 fl oz	27 g
Orange Tangerine Juice- Ardmore	6.75 fl oz	27 g
Food Item: Vegetarian Products	Serving Size	Grams of Carbohydrates
Garden Veggie Pattie- MorningStar	1 patty	14 g
Spicy Black Bean Burger- Dr.Praegers	1 patty	16 g
Chik'n Nuggets MorningStar	5 nuggets	~22 g
Chickenless Nuggets- Dr.Praegers	4 nuggets	20 g
Vegetarian Sausage	1 Patty	4 g
Food Item: Potato Products/Recipes		
Sweet Potato Tots- Lamb Weston L0094 "Roasted Sweet Potato Bites"	10 pieces (1/2 cup)	~34g
Sweet Potato Tots- McCain MCF05034	12 pieces (1/2 cup)	~26 g
Sweet Potato Chunks- Commodity "Roasted Sweet Potato Bites"	1/2 cup	~21 g
Maple Cinnamon Sweet Potato Tots*	10 or 12 pieces (1/2 cup)	~37 g/~29 g
Maple Cinnamon Sweet Potato Wedges*	1/2 cup	~24 g
Sweet Potato Fries- McCain MCF04566	1/2 cup	17 g
Maple Cinnamon Sweet Potato Fries*	1/2 cup	~20 g
Sweet Potato Waffle Fries - McCain MCF05074	~ 5 pieces	~23 g
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g



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Cheesy Tater Tots*	8 pieces (1/2 cup)	~17 g
Hash Brown Patties- McCain Ore-Ida OIF00589A	2 pieces	31 g
Hash Brown Rounds-6188	2 pieces	16g
Hash Brown Sticks-D6103903	8 sticks	32g
Emoticons Fries- McCain 7054806	4 pieces	18g
Emoji Fries (Smile Fries)- McCain OIF03456	4 pieces (1/2 cup)	20 g
Sweet Potato Matchstick Fry- McCain MCF05004	1/2 cup	25 g
Julienne Cut Fries-McCain 82304NK	3 oz	17 g
Potato Wedges- Lamb Weston Q80	1/2 cup	~18 g
Potato Wedges- McCain OIF00024A	1/2 cup	~15 g
Seasoned Potato Wedges*	1/2 cup	~18 g/ ~15 g
Crinkle Cut French Fries- Lamb Weston RR41	1/2 cup	~17 g
Crinkle Cut French Fries- McCain SNO63	1/2 cup	~14 g
Spiral French Fries- McCain 1000004108	1/2 cup	~17 g
Straight Cut Fry- Lamb Weston SP04	1/2 cup	~14 g
Straight Cut Fry- McCain GFR40	1/2 cup	~13 g
Battered French Fries- McCain MCX04717	1/2 cup	~20 g
Mashed Potatoes- Basic American Foods 3677739	1/2 cup	~15 g
with Gravy	2 oz Gravy	~3 g
Confetti Fries (1/4 cup Crinkle Cut French Fries- McCain SNO63 and 1/4 cup Sweet Potato Fries- McCain MCF04566)	1/2 cup	~16 g
Seasoned Fries- Cajon Fries* (LW SP04 or McCain GFR40)	1/2 cup	~15 g/ ~14 g
Seasoned Fries- Greek Fries* (LW SP04 or McCain GFR40)	1/2 cup	~15 g/ ~14 g
Seasoned Fries- Garlic Herb Fries * (LW SP04 or McCain GFR40)	1/2 cup	~19 g/ ~18 g
Garlic Parmesan French Fries using Crinkle Cut French Fries- McCain SNO63	1/2 cup	11 g
Seasoned Fries- Taco Fries * (LW SP04 or McCain GFR40)	1/2 cup	~15 g/ ~14 g
Seasoned Fries-Ranch Fries* (SNO63)	1/2 cup	14 g
Breakfast Cubes-Lamb Weston-32N	1/2 cup	~19 g
Shoestrings French Fries #D6112399	3 oz	21 g
Food Item: Potato Products/Recipes Continued	Serving Size	Grams of Carbohydrates
Loaded Potato Wedges with Cheese*	1 portion	~19 g
served with 2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	2 oz Dinner Roll	



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Salsa	2 oz.	~4 g
Food Item: Vegetables		
Honey Glazed Carrots*	½ cup	~13 g
Maple Cinnamon Carrots*	½ cup	~8 g
Baby Carrot Packs – Grimmway Farms	1 package (2.6 oz)	7 g
Broccoli Italiano*	½ cup	~5 g
Baked Beans, Vegetarian	½ cup	~20 g
Baked Beans, Vegetarian Baked Beans-BUSH's 01637	½ cup	29 g
BBQ Baked Beans	½ cup	~26 g
Sautéed Broccoli*	½ cup	~5 g
Warm Cheesy Broccoli*	½ cup	~5 g
Roasted Parmesan Broccoli*	½ cup	~4 g
Sautéed Spinach*	½ cup	~5 g
Corn Cobette (3")- Simplot	1 each/2 each	19 g/ 38 g
Corn Medley*	½ cup	~14 g
Corn, Steamed	½ cup	~15 g
Sweet Plantains	½ cup	26 g
Roasted Vegetables*(zucchini, yellow squash, red bell pepper, red onion, seasoning)	½ cup	~3 g
Tex-Mex Green Beans*	½ cup	~7 g
Sautéed Green Beans*	½ cup	~4 g
Green Beans Italiano*	½ cup	~4 g
WG Onion Rings- Tasty Brands 33504	5 pieces	28 g
Stir Fry Vegetables*	½ cup	~12 g
Vegetable Pasta Salad* (Side Dish)	1 cup	~24 g
Food Item: Veggie Salads		
Black Bean and Corn Salad*	2/3 c	~25 g
Cannellini Bean Salad*	2/3 c	~21g
Chickpea Salad*	2/3 c	~19 g
Lentil Salad*	¾ c	~22 g
Spicy Black Bean Salad*	½ c	~24 g
Three Bean Salad*	½ c	~21 g
Carrot Raisin Salad*	¾ cup	~19 g
Creamy Cole Slaw*	½ c	~8 g
Country Slaw*	½ c	~5 g



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Southwestern Slaw*	1/2 c	~7 g
Creamy Cucumber Salad*	2/3 c	~8 g
Cucumber, Tomato & Onion Salad* with Basil	3/4 c	~5 g
Southwestern Corn or Fiesta Corn*	1/2 c	~18 g
Corn Salad*	2/3 c	~17 g
Green Bean Salad*	2/3 c	~4.5 g
Italian House Salad* with no dressing	1 portion	~5 g
Tomato Salad*	1/2 cup	~4.5 g
Food Item: Chicken Products		
All Chicken Products below are served with a 2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer) or 1 Cup Pasta/Buttered Noodles (~40 g) or 1 cup Brown Rice/Long Grain White Rice/Medium Grain White Rice (~42 g/~40 g/~52 g) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
please check with your cafeteria manager for the manufacturer your school uses and confirm portion size		
	Serving Size	Grams of Carbohydrates
Nuggets		
Chicken Nuggets / Boneless Wings Tyson 70362-928 WGR	7 nuggets	~18
Chicken Nuggets/Boneless Wings Tyson 08552D	7 pieces	~18 g check with manager if they are using this product
Boneless Wings Tyson 5210-0895	7 pieces	~1g
Chicken Nuggets- Chicken Breast Fritter Chunks BrakeBush #08226D	4 oz serving	~17 g check with manager if they are using this product
Chicken Nuggets- Chicken Breast Chunk Fritters- Spare Time #07444D	4 oz serving	~15 g check with manager if they are using this product
Chicken Nuggets- Homestyle Breast Chunks #08162D	6 oz serving	22 g check with manager if they are using this product
Chicken Nuggets-Breast Chunks #08477D	3.6 oz	~16 g check with manager if they are using this product
Chicken Siracha Chunks #D6115517	3 oz	13 g check with manager if they are using this product
Popcorn Chicken		
Popcorn Chicken- Tyson 70368-928 WGR	15 pieces	~20 g
Popcorn Chicken- # 08227D	3 oz serving	~19 g - check with manager if



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		they are using this product
Popcorn Chicken- # 08125D	16 pieces	~23 g - check with manager if they are using this product
Popcorn Chicken- # 6100521D	3 oz serving	13 g- check with manager if they are using this product
Hot & Spicy WG Popcorn Chicken- Tyson 70378-928	15 pieces	~20 g
WG Spicy Popcorn Chicken #08478	15 pieces	~23 g- check with manager if they are using this product
Popcorn Chicken #D6113668	4 oz	16 g check with manager if they are using this product
Tenders		
Chicken Tenders - Tyson 70332-928 WGR	4 tenders	~16 g
Chicken Tenders #07637D/07437D/8216D	4 oz	~16 g check with manager if they are using this product
Chicken Tenders # 08481D	4 oz	~28 g check with manager if they are using this product
Chicken Tenders #6100144	4 oz	17g
Chicken Tenders #6100145	4 oz	16g
WG Spicy Chicken Tenders #08480D	4 tenders	28 g check with manager if they are using this product
Buffalo Chicken Tenders	4 tenders	Add 1.5 grams (Hot Sauce) to product used confirm with manager which manufacturer they are using
BBQ Chicken Tenders	4 tenders	Add 10 grams (BBQ Sauce) to product used confirm with manager which manufacturer they are using
Chicken Tenders #D6110362	2 tenders/3.5 oz	22 g check with manager if they are using this product
Chicken Tenders #D6115956	3 oz	12 g check with manager if they are using this product
Chicken Tenders #D6115955-J38320	3 oz	13 g check with manager if they are using this product
Sticks		
WG Chicken Fries (Sticks)- Tyson 70367-928	8 pieces	16 g
Taquitos		
Chicken and Cheese Taquitos-40818	2 pieces	30 g



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Grilled or Roasted Chicken		
BBQ Grilled Chicken*	1 each	~7 g
BBQ Roasted Chicken* (breast & wing or thigh & drumstick)	1 serving	~5 g
Roast Chicken	1 serving	0 g
Baked Chicken: Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
Baked Chicken: Grilled Chicken Patty #06904D	1 each	3 g check with manager if they are using this product
Grilled Chicken Patty- #D6112502/#D6112503	1 each	3 g check with manager if they are using this product
All Chicken Products below are served on a 2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer) or 10" WGR Wrap (29 grams) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
please check with your cafeteria manager for the manufacturer your school uses and confirm portion size		
Crispy Chicken Patty - Tyson 70302-928 WGR	1 each	9 g
Crispy Chicken Patty Tyson 02154-928	1 each	15 g check with manager if they are using this product
Crispy Chicken Patty- House of Raeford #08250D	1 each	~13 g check with manager if they are using this product
Crispy Chicken Patty- BrakeBush #08248D	1 each	~17 g check with manager if they are using this product
Crispy Chicken Patty- Advance Pierre #08170D	1 each	~11 g check with manager if they are using this product
Crispy Chicken Patty-Fit Foods 08475D	1 each	19 g check with manager if they are using this product
WG Hot & Spicy Chicken Patty- Tyson 70314-928	1 each	17 g
WG Spicy Chicken Patty #08476D	1 each	19 g check with manager if they are using this product
Grilled Chicken Patty- Tyson 70320-928 (Baked Chicken)	1 each	2 g
Grilled Chicken Patty #06904D	1 each	3 g check with manager if they are using this product
Crispy Chicken Patty-John Soules Foods 6100578-6100702	1 each	16 g check with manager if they are using this product
Crispy Chicken Patty-John Soules Foods 6100579-6100703	1 each	16 g check with manager if they are using this product
WG Flour Mini Chicken Tacos	3 each	31 g



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Boneless Dark Chicken # D6116209	3 oz	1g <i>check with manager if they are using this product</i>
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
Meatball Parm Sub		
WW 5" Hero Roll- will vary by manufacturer	1- 5" Hero	
Chicken Meatballs- Tyson 19777-328	3 each	6 g
Marinara Sauce- Red Gold	3 oz	~6 g
Soft Flour Chicken Taco with White or Brown Rice		
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
6" Soft WGR Flour Tortilla- Mission 33822	1 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
Hard Chicken Tacos with White or Brown Rice		
Ground Chicken Crumbles- Tyson 19957-328	3 oz	3 g
WG Corn Taco Shells- Mission 07381	3 each	21 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
Chicken Nacho Platter		
WGR Corn Tortilla Chips Tostitos	15 each	~23 g
Rice & Beans*	½ cup	~20 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
OR		
Chicken Nacho Platter with <u>NO</u> Rice & Beans		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
Chicken Caesar Salad		
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	2 oz Dinner Roll	
Diced Chicken- Tyson 22830-928	3 oz	0 g



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Light Caesar Dressing- Kens KE0808	1 oz (2 TBSP)	3 g
<i>Chicken Caesar Salad Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Diced Chicken- Tyson 22830-928	3 oz	0 g
Light Caesar Dressing- Kens KE0808	½ oz (1Tbsp)	~1.5 g
<i>Crispy Chicken Salad</i>		
Chicken Nuggets	See page 5- confirm with manager which manufacturer they are using	
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	2 oz	
<i>Teriyaki Chicken & Rice</i>		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Teriyaki Sauce- JTM 73470	~ 3 Tbsp	~20 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
<i>Chicken Cordon Bleu on a Bun</i>		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
<i>Chicken BLT Sub</i>		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
<i>Southwest Breakfast Bowl</i>		
Biscuit- Pillsbury 9456232271	1 each (2 oz)	27 g
Popcorn Chicken	See page 5- confirm with manager which manufacturer they are using	



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Country Gravy*	2 oz	~7 g
Sweet & Sour Diced Chicken with Rice*		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Sweet & Sour Popcorn Chicken with Rice*		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
WG Popcorn Chicken- Tyson 70368-928	12 pieces	~15 g
OR	OR	OR
Tempura Chicken #06941D	4 oz	12 g check with manager if they are using this product
Chicken Parmesan Hero		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
Chicken Fajita Wrap		
10" WGR Wrap- Mission 33825	1 each	29 g
Chicken Fajita Pita		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	4 tbsp	4 g
General Tso Chicken & Rice		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
General Tso- JTM 73450	3.2 Tbsp	~26 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g



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Or		
Popcorn Chicken	See page 5- confirm with manager which manufacturer they are using	
Asian Chicken wrap with Vegetable Fried Rice		
10" WGR Wrap- Mission 33825	1 each	29 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Sweet & Sour Sauce- Minh 69142	2 tbsp	~11 g
Vegetable Fried Rice*	1 cup	~34 g
Honey Mustard Chicken & Cheddar wrap		
10" WGR Wrap- Mission 33825	1 each	29 g
Chicken Tenders WGR - Tyson 70332-928	3 tenders	12 g
OR		
Chicken Tenders #07224D	3.36 oz	~14 g check with manager if they are using this product
OR		
Chicken Tenders #07637D/07437D	3 oz	12 g check with manager if they are using this product
Honey Mustard- Kens 600	2 tbsp	9 g
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
Buffalo Chicken wrap		
10" WGR Wrap- Mission 33825	1 each	29 g
WG Chicken Tenders- Tyson 70332-928	3 tenders	12 g
OR		
Chicken Tenders #07224D	3.36 oz	~14 g check with manager if they are using this product
OR		
Chicken Tenders #07637D/07437D	3 oz	12 g check with manager if they are using this product
Hot Sauce- Texas Pete	2 tbsp	~1 g
Sweet & Sour PINEAPPLE Diced Chicken with Rice*		



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Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Pineapple Tidbits	¼ cup	~7.5 g
Sweet & Sour PINEAPPLE Popcorn Chicken with Rice*		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet & Sour Sauce- Minh 69142	4 tbsp	~22 g
WG Popcorn Chicken- Tyson 70368-928	12 pieces	~15 g
OR	OR	OR
Tempura Chicken #06941D	4 oz	12 g check with manager if they are using this product
Pineapple Tidbits	¼ cup	~7.5 g
Spicy or Plain Chicken Basket		
Hot & Spicy WG Popcorn Chicken- Tyson 70378-928	15 pieces	~20 g
OR		
Popcorn Chicken	See page 5- confirm with manager which manufacturer they are using	
Tater Tots- McCain OIF00215A	8 pieces (½ cup)	16 g
Dinner Roll (2 oz)- will vary by manufacturer	1 each	
Food Item: Chicken Recipes		
Fiesta Chicken Nacho Platter		
WGR Corn Tortilla Chips Tostitos	15 each	~23 g
Rice & Beans*	½ cup	~20 g
Fajita Chicken- USDA	2.55 oz	~1 g
Fiesta Chicken Nacho Platter with <u>NO</u> Rice & Beans		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Chicken Gyro Pita		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Cucumber Sauce (Tzatziki)- Grecian Delight	4 tbsp	4 g



Carbohydrate Count of Common Food Items 9-12

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<i>Chicken Tender Hero</i>		
Chicken Tenders	See page 5- confirm with manager which manufacturer they are using	
WW 5" Hero Roll- will vary by manufacturer	1- 5" Hero	
Lettuce	¼ cup	1g
Tomato Sliced	2 slices	~2g
<i>Grilled BBQ Chicken Sandwich</i>		
BBQ Grilled Chicken*	1 each	~7 g
OR		
BBQ Grilled Chicken #07443D	4.25 oz	~8.5 g check with manager if they are using this product
2 oz Bun (grams of carbohydrates will vary by manufacturer)		
<i>Grilled Chicken Club on a Roll</i>		
WW Kaiser Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Grilled Chicken	See page 6- confirm with manager which manufacturer they are using	
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
<i>Chipotle Chicken Sandwich</i>		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
Mayonnaise- Cains 59110	1 tbsp	2 g



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Hot Sauce- Texas Pete	1 tsp	Less than ½ g
Scoop A Bowl- Fajita Chicken		
Tostitos Oven Baked Scoops(.875 oz Bag)- Tostitos	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Fajita Chicken-USDA	2.55 oz	~1 g
Scoop A Bowl-Chicken Taco		
Tostitos Oven Baked Scoops(.875 oz Bag)- Tostitos	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
Spicy or Plain Chicken Tender Basket		
Chicken Tenders	See page 5- confirm with manager which manufacturer they are using	
OR		
Buffalo Chicken Tenders	See page 5- confirm with manager which manufacturer they are using	
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
Firecracker Chicken Sandwich		
2.3 oz WW Kaiser (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Boom Boom Sauce- Ken's Dressing	1 tbsp	~1.5 g
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
Chicken Ranchero Wrap		
10" WGR Wrap- Mission 33825	1 each	29 g



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Grilled Chicken Patty- Tyson 70320-928 or Fajita Chicken or Diced Chicken	1 each	2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing	1 tbsp	1 g
Salsa	1 oz.	2 g
<i>Walking Chicken Nachos</i>		
Nacho Cheese Doritos - RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Ground Chicken Crumbles- Tyson 19957-328	2.25 oz	2.25 g
<i>Dipper Day - Chicken Tenders with Waffle Sticks</i>		
Chicken Tenders WGR - Tyson 70332-928	3 tenders	12 g
OR		
Chicken Tenders #07224D	3.36 oz	~14 g check with manager if they are using this product
OR		
Chicken Tenders #07637D/07437D	3 oz	12 g check with manager if they are using this product
Waffle Sticks- ConAgra #068615140333 (see page 20 for "Breakfast for Lunch" serving size)	3 sticks	~28 g
<i>Harvest Salad with Diced or Breaded Chicken</i>		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
OR	OR	
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
Apple, Diced	2 TBSP	~2 g
Mandarin Oranges	2 TBSP	~4 g
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
OR	OR	
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates



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Asian Crispy Chicken Salad		
Chicken Nuggets / Boneless Wings Tyson 70362-928	5 nuggets	See page 5- confirm with manager which manufacturer they are using
OR		
WG Popcorn Chicken- Tyson 70368-928	12 pieces	See page 5- confirm with manager which manufacturer they are using
OR		
WGR Breaded Chicken Patty- Tyson 70302-928	1 each	See page 6- confirm with manager which manufacturer they are using
Chow Mein Noodles	2 TBSP	~4 g
Mandarin Oranges	¼ cup	~10 g
WITH		
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
OR		
1 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 oz	
Power Salad – Chicken Caesar with Romaine & Kale		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Kale/Carrots/Romaine/Cucumber/Tomatoes	2 ¼ cup	~8grams
Light Caesar Dressing- Kens KE0808	1 oz (2 TBSP)	3 g
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
OR	OR	
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
Baked Chicken with Stuffing & Gravy		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
Bread Stuffing*	½ cup	~31 g
Gravy- Monarch	2 oz	~3 g



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Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
BBQ Chicken Cheddar Melt		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
or		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
BBQ Sauce	1 TBSP	~5 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
Chicken Tenders with General Tso Dipping Sauce		
Chicken Tenders	See page 5- confirm with manager which manufacturer they are using	
General Tso- JTM 73450	2 oz	~32 g
Queso Chicken Nacho Platter		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Fajita Chicken-USDA	2.7 oz	~1 g
Queso Sauce*	2 oz	~3 g
Chicken Lo Mein		
WW Pasta	1 cup	~40 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 1.6 Tbsp	~11 g/ ~13 g
Diced Chicken- Tyson 22830-928	2 oz	0 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 3 Tbsp	~20 g/ ~24 g
Crispy Bacon Chicken Swiss Croissant Sandwich with Ranch		
Croissant- Hadley Farms	1 each	26 g
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
Light Ranch Dressing KE708	1 tbsp	1 g
Food Item: Chicken Recipes	Serving Size	Grams of Carbohydrates
Grilled Balsamic Chicken Hero		



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Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
or		
Diced Chicken- Tyson 22830-928	2.3 oz	0 g
Roasted Red Peppers	2 oz	~2 g
Balsamic Glaze	½ TBSP	~2 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
Country Chicken & Stuffing Bowl		
Stuffing- Foothill Farms 1666374	½ cup	26 g
Gravy- Monarch	2 oz	~3 g
Corn	½ cup	~15 g
Popcorn Chicken	See page 5- confirm with manager which manufacturer they are using	
Grilled Chicken BLT on a Pretzel Bun		
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
Grilled Chicken - Tyson 70320-928	1 each	2 g
Turkey Bacon - Jennie-O 2711-06	2 slices	0 g
Strawberry Fields Chicken Salad		
Salad (Spring Mix, Romaine, Carrots, Cucumber) with Strawberries and Red Apples*	1 portion	~10 grams
WITH		
Diced Chicken- Tyson 22830-928	2 oz	0 g
OR		
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
Served with:		
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
OR		
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates



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Grilled Chicken BLT Salad		
Salad (Romaine & Tomatoes)	1 portion	~5 grams
WITH		
Diced Chicken- Tyson 22830-928	2 oz	0 g
OR		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g
Served with:		
Toasted Pita Wedges* (grams of carbohydrates will vary by manufacturer)	1 each	
OR		
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)- 1 each		
Crispy Chicken BLT on a Croissant or Roll		
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
WG Croissant Roll- Hadley Farms 139	1 each	26 g
OR		
a 2.3 oz Kaiser (grams of carbohydrates will vary by manufacturer)-1 each		
Chicken Burrito Bowl*		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Diced Chicken- Tyson 22830-928	1.73 oz	0 g
Fajita Peppers & Onions Blend with Seasoning*	¼ cup	~7 g
Pinto Beans with Seasoning*	¼ cup	~12 g
Mini Chicken Taco Boat		
Mini Chicken Tacos- Tasty Brands 25701	3 each	31 g
Salsa Ranch*	2 oz	3 g
Black Bean & Corn Salad*	1/3 cup	12 g
Food Item: Chicken Recipes Continued		
Mashed Potato Bowl*		
Mashed Potatoes- Basic American Foods 3677739	½ cup	~15 g



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2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)- 1 each		
Gravy	2 oz Gravy	~3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Corn, Steamed	½ cup	~15 g
Popcorn Chicken- Tyson 70368-928 WGR	12 pieces	16 g
OR		
Popcorn Chicken- # 06755D	5.25 oz serving	~35 g - check with manager if they are using this product
OR		
Popcorn Chicken- # 08125D	13 pieces	19 g - check with manager if they are using this product
Popcorn Chicken- # 08227D	3 oz serving	~19 g - check with manager if they are using this product
*Chicken Fried Rice	½ cup	62 g
Sweet Chili Chicken Rice Bowl with Stir Fry Vegetables		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Sweet Chili Sauce- JTM 73480	3.2 Tbsp	~21 g
Popcorn Chicken	See page 5- confirm with manager which manufacturer they are using	
Stir Fry Medley Vegetables	½ cup	~9 g
BBQ Grilled Chicken & Cheddar Sandwich		
BBQ Grilled Chicken*	1 each	~7 g
OR		
BBQ Grilled Chicken #07443D	4.25 oz	~8.5 g check with manager if they are using this product
Shredded Cheddar Cheese- USDA	½ oz	0 g
2.3 oz Kaiser Roll (grams of carbohydrates will vary by manufacturer)	1 each	
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates
Buffalo Chicken Dip*	1 serving	~4 g
with		
Soft Pretzel Stick- Superpretzel 31012	2 each	28 g (14 each)



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	or		
WW Pita #128 or Toasted Pita Wedges*	2 oz Pita	30 g	
Rodeo Chicken Sandwich			
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each		
Grilled Chicken Patty- Tyson 70320-928	1 each	2 g	
BBQ Sauce- Kens K0849	2 tbsp	10 g	
WGR Onion Rings- Tasty Brands 33504	2 rings	11 g	
Chicken Fajita Fries (Vincent's)			
Crinkle Cut French Fries- McCain SNO63	½ cup	~14 g	
Diced Chicken- Tyson 22830-928	1.73 oz	0 g	
Fajita Seasoning	1 tsp	3 g	
Shredded Cheddar Cheese- USDA	1 oz	0 g	
Peppers & Onions	¼ cup	~5 g	
Salsa	2 oz.	~4 g	
Served with			
Soft Pretzel Stick- Superpretzel 31012	2 each	28 g (14 each)	
Philly Chicken Cheesesteak Hero			
Diced Chicken- Tyson 22830-928	2.3 oz	0 g	
Peppers & Onions	¼ cup	~5 g	
WW 5" Hero Roll- will vary by manufacturer	5" Hero		
Buffalo Philly Chicken Cheesesteak Hero			
Diced Chicken- Tyson 22830-928	2.3 oz	0 g	
Peppers & Onions	¼ cup	~5 g	
Hot Sauce	2 tsp	~½ g	
WW 5" Hero Roll- will vary by manufacturer	5" Hero		
Food Item: Chicken Recipes Continued	Serving Size	Grams of Carbohydrates	
Spicy or Plain Chicken Nugget Basket			
Chicken Nuggets	See page 5- confirm with manager which manufacturer they are using		



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For Spicy version- add Hot Sauce- Texas Pete	4 tbsp	~3 g
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
2 oz Dinner Roll (grams of carbohydrates will vary by manufacturer)	1 each	
Crispy Chicken Biscuit with Maple Sriracha		
Biscuit- Pillsbury 9456232271	1 each (2 oz)	27 g
Crispy Chicken Patty	See page 6- confirm with manager which manufacturer they are using	
Sriracha Sauce	1 TBSP	~3 g
Syrup- Maple	1 TBSP	~12 g
General Tso's Popcorn Chicken Lettuce Wrap (3 wraps)		
WG Popcorn Chicken- Tyson 70368-928	12 pieces	~15 g
OR	OR	OR
Tempura Chicken #06941D	4 oz	12 g check with manager if they are using this product
General Tso- JTM 73450	3.2 Tbsp	~26 g
Asian Slaw*	3/4 cup	~18 g
Served with		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Cajun Crispy Chicken Po' Boy Sandwich		
WG Spicy Popcorn Chicken	12 each	16 g
Hot Sauce	1 Tbsp	0 g
Chipotle Mayo	1 Tbsp	~1g
Pickle Chips	3 Each	0g
WGR 5" Hero Roll- will vary by manufacturer	5" Hero	
Tot-Chos		
Queso Blanco-JTM 5718	2 oz	2g
Chicken Taco Meat- Tyson 019957	1.5 oz	~3g
Tater Tots-McCain OIF00215A	16 pieces (1 Cup)	32g



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Diced Red Peppers	1 Tbsp	~1g
Scallion	1 tsp	0g
Grilled Chicken Club Wrap		
Grilled Chicken - Tyson 70320-928	1 each	2 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Shredded Lettuce	1 oz.	0 g
Tomato, Sliced	2 slices	2 g
Ranch Dressing-Ken's 708	1 Tbsp	0 g
10" Tortilla-Mexican Original 012919-0621	1 each	33 g
Chicken & Waffle Sandwich		
WGR Breaded Chicken Patty, Tyson 070302-0928	1 each	9 g
3" Mini Maple Chip Waffle, Bakecrafters 1584	2 each	15 g
Served with		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
Chicken Tender & Mozzarella Stick Sampler		
Chicken Tenders	2 each	~5 g
Mozzarella Sticks	3 each	~20 g
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
Crispy Chicken Sandwich on a Biscuit with Pepper Jack Cheese		
WGR Breaded Chicken Patty, Tyson 070302-0928	1 each	9 g
Buttermilk Biscuit Pillsbury 132391000	1 each	28g
Pepper Jack Cheese-Bongards 104441	1 slice	0g
<u>Deli Sandwiches</u> – served on WW Bread (1 oz slice- grams of carbohydrates will vary by manufacturer) OR WW Kaiser (2.3 or 2.4 oz- grams of carbohydrates will vary by manufacturer) OR 10" WGR Wrap (29 grams) NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
Chicken Salad*	½ cup	~3 g
Waldorf Chicken Salad*	½ cup	~6 g



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<i>Tuna Salad*</i>	½ cup	~4 g
<i>Egg Salad*</i>	1/3 cup	~2 g
<i>Cheese Omelet Sunny Fresh 40176</i>	1 each	1 g
<i>Beef Bologna- Berks 3430</i>	2 oz	3 g
<i>Roast Beef- Berks 6185</i>	2 oz	1 g
<i>Roast Beef-DG103558</i>	2 oz	1 g
<i>Deli Ham- Berks 5194</i>	2 oz	1 g
<i>Deli Smoked Ham-Hormel 39493</i>	1.98 oz	2 g
<i>Deli Turkey Ham- Jennie-O 8028</i>	3.58 oz	1 g
<i>Pork Roll-Hatfield 0 3238</i>	1 slice	2 g
<i>Salami- Berks 32</i>	0.5 oz	0.5 g
<i>Deli Turkey - Jennie-O 835402</i>	3.86 oz	3 g
<i>Deli Provolone Cheese-Bongards 100611</i>	2 slices	1 g
<i>Turkey Ranchero Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Light Ranch Dressing	1 tbsp	1 g
Salsa	1 oz.	2 g
<i>Ham & Cheese Melt on Pretzel Bun</i>		
American Cheese	1 slice	1 g
Deli Ham- Berks 5194	~2 oz	~1 g
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
<i>Turkey Club on a Roll</i>		
WW Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Turkey Bacon - Jennie-O 2711-06	2 slices	0 g
Deli Sandwiches Continued	Serving Size	Grams of Carbohydrates
<i>Ham Egg & Cheese on a Roll</i>		
WW Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	



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Deli Ham- Berks 5194	~1 oz	~ ½ g
Egg Patty- Sunny Fresh 40710	1 each	1 g
American Cheese	1 slice	1 g
NJ Style Sloppy Joe Sandwich		
WW Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Creamy Cole Slaw on Sandwich*	¼ c	~4 g
Deli Turkey - Jennie-O 835402	2 oz	~1 g
Deli Ham- Berks 5194	½ oz	0 g
American Cheese	1 slice	1 g
Sausage, Egg & Cheese on an English Muffin/Biscuit/Kaiser		
American Cheese	1 slice	1 g
Sausage Patty- Tyson 17443-928	1 each	1 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
English Muffin, WG, 2 oz- BakeCrafters#802 OR	1 each	21 g
Biscuit- 2 oz Pillsbury 94562-32271 US # 7628803 OR	1 each	27 g
WW Kaiser Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Turkey Bacon Melt*		
WW Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Deli Turkey - Jennie-O 835402	3.86 oz	2 g
Turkey Bacon - Jennie-O 2711-06	2 slices	0 g
American Cheese	1 slice	1 g
NY Style Deli Breakfast Sandwich		
Egg Patty- Sunny Fresh 40710	1 each	1 g
WW Kaiser Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Hash Brown Patties- McCain Ore-Ida OIF00589A	1 piece	~16 g
American Cheese	2 slices	2 g
Deli Sandwiches Continued	Serving Size	Grams of Carbohydrates



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Egg & Cheese on a Pretzel Bun		
Egg Patty- Sunny Fresh 40710	1 each	1 g
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
American Cheese	2 slices	2 g
Turkey Cheddar Bacon Wrap		
10" WGR Wrap- Mission 33825	1 each	29 g
Deli Turkey - Jennie-O 835402	3.86 oz	2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Bacon & Cheese Pretzel Melt		
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
American Cheese	4 slices	4 g
Bacon Egg & Cheese Sandwich/ English Muffin		
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
American Cheese	2 slices	2 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
WW Kaiser Roll (2.3 oz - grams of carbohydrates will vary by manufacturer)	1 each	
OR		
English Muffin Bake Crafters 802	1 each	21 g
Bacon, Egg & Cheese on a Croissant		
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
American Cheese	2 slices	2 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
WG Croissant Roll- Hadley Farms 139	1 each	26 g
Sausage Egg & Cheese Pancake Sandwich		
Sausage Patty- Tyson 17443-928	1 each	1 g
American Cheese	1 slice	1 g
Whole Grain Pancakes Right Start RS7245 OR	2 pancakes	~32 g
Whole Grain Pancakes- Commodity	2 pancakes	~26 g



Carbohydrate Count of Common Food Items 9-12

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Egg Patty- Sunny Fresh 40710	1 each	1 g
Syrup, Pancake- Americana	1.5 oz	31 g
Deli Sandwiches Continued	Serving Size	Grams of Carbohydrates
Sausage Egg & Cheese on a Croissant Roll		
Sausage Patty- Tyson 17443-928	1 each	1 g
American Cheese	1 slice	1 g
WG Croissant Roll- Hadley Farms 139	1 each	26 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
Steak, Egg & Cheese on a Croissant Roll		
WG Croissant Roll- Hadley Farms 139	1 each	26 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
American Cheese	1 slice	1 g
Beef Philly Steak- JTM 5813CE/CP5813	0.71 oz	~1 g
Turkey & Cheese on a Croissant Sub Roll		
WG Croissant Sub Roll- Hadley Farms 1023	1 each	27 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
American Cheese	1 slice	1 g
Bacon Grilled Cheese with Chipotle Sauce		
American Cheese	4 slice	4 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
WW Bread (1 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
Chipotle Mayo Spread	1 TBSP	Less than 1 g
The Hot Brown- Turkey Cheddar Bacon Melt on Croissant with Tomato & Gravy		
WG Croissant Sub Roll- Hadley Farms 1023	1 each	27 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Turkey Gravy- Monarch	1 oz	~1.5 g
Caprese Panini		



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Panini WGR Pillsbury 137737000	1 each (2 pieces)	30 g
Tomato, Sliced	½ cup	~4 g
Mozzarella, Shredded	2 oz	~2 g
Balsamic Glaze	½ TBSP	~2 g
Southwest Turkey Flatbread		
Flatbread WGR - Rich's 14010	1 each	28 g
Deli Turkey - Jennie-O 835402	3.86 oz	3 g
Salsa-Ranch Spread*	1 oz.	~3 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Deli Sandwiches Continued		
Serving Size		Grams of Carbohydrates
Breakfast Burrito Bowl		
Scrambled Egg USDA	1 serving	0 g
OR		
Scrambled Eggs 10029	1 serving	4 g
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Biscuit- 2 oz Pillsbury 94562-32271 US # 7628803	1 each	27 g
Salsa	1/4 cup	4 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
Egg & Turkey Chorizo Burrito		
Scrambled Egg USDA	1/2 serving	0 g
OR		
Scrambled Eggs 10029	1/2 serving	~2 g
Tater Tots- McCain OIF00215A	8 pieces (1/2 cup)	16 g
Turkey Chorizo	1.8 oz	~2 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
10" WGR Wrap- Mission 33825	1 each	29 g
Salsa	1/4 cup	4 g
Three Cheese Grilled Cheese Sandwich		



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American Cheese	2 slices	2 g
Shredded Cheddar Cheese- USDA	1 oz	~1 g
Mozzarella, Shredded- USDA	1 oz	~1 g
WW Bread (1 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
Grilled Cheese Sandwich - Bakecrafters	1 sandwich	31g
Grilled Cheese Sandwich with Bacon & Tomato		
American Cheese	4 slices	4 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
WW Bread (1 oz slice - grams of carbohydrates will vary by manufacturer)	2 slices	
Tomato, Sliced - 1/4" Thick	2 slices	2g
Deli Sandwiches Continued	Serving Size	Grams of Carbohydrates
<i>Ham, Egg & Cheese Melt On A Croissant Sub Roll</i>		
Egg Patty- Sunny Fresh 40710	1 each	1 g
WG Croissant Sub Roll- Hadley Farms 1023	1 each	27 g
Deli Ham- Berks 5194	1 oz	~ 1/2 g
American Cheese	1 slice	1 g
<i>Turkey and Cheese Panini with Chipotle Mayo</i>		
Panini WGR-Pillsbury 137737	2 Pieces	30g
Sliced Tomato	1 Slice	1g
Deli Turkey - Jennie-O 835402	3.00 oz	~2 g
Shredded Cheddar Cheese-USDA	1/2 oz	0g
Chipotle Mayo Spread	1 TBSP	Less than 1g
Olive Oil	1 tsp	0g
<i>Turkey, Cheddar & Apple Panini</i>		
WGR Panini-Pillsbury	2 pieces	30 g
Deli Turkey - Jennie-O 835402	3.00 oz	~2 g
Shredded Cheddar Cheese-USDA	1 oz	0 g



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Apple, Red Delicious-1/4" Thick	1/4 Cup	4 g
Honey Mustard Dressing	1 Tbsp	3.5g
Monte Cristo Donut Breakfast Sandwich*		
WGR Donut-Rich's-14839	1 Each	30g
Deli Ham- Berks 5194	1 oz	0g
Deli Turkey Ham- Jennie-O 8028	1.5 oz	0 g
Egg Patty- Sunny Fresh 40710	1 each	1 g
American Cheese	1 slice	1 g
Syrup	1 oz	18g
Italian Melt Panini with Pesto Mayo*		
WGR Panini-Pillsbury	2 pieces	30 g
Mozzarella Cheese-Bongards	1/2 oz	0 g
Pesto Mayo (No Nut)	1/2 Tsp	0g
Food Item: Pasta Dishes		
Serving Size	Grams of Carbohydrates	
Four Cheese Cheese Tortellini-Tasty Brands 00830WG	14 each	19 g
Mini Cheese Ravioli		
Breaded Mini Cheese Ravioli 41834	14 each	58 g
Mini Cheese Ravioli- Tasty Brands 00834WG	14 each	30 g
Marinara Sauce- Red Gold	3 oz	~6 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
Breaded Ravioli with Marinara Sauce		
Breaded Ravioli Tasty Brands 41834	7 each	29 g
Marinara Sauce- Red Gold	3 oz	~6 g
Pasta with Meatballs		
WW Pasta	1 cup	~40 g
Chicken Meatballs- Tyson 19777-328	4 each	8 g



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Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
Macaroni & Cheese- Land o Lakes or JTM		
WGR Macaroni & Cheese- Land O Lakes 432777	1 cup	~47 g
WGR Macaroni & Cheese JTM 5765	1 cup	~40 g
Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
Macaroni & Cheese- Scratch		
*WGR Macaroni & Cheese	1 cup	~30 g
Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
OR		
Soft Pretzel Stick- Superpretzel 31012	1 each	14 g
Food Item: Pasta Dishes	Serving Size	Grams of Carbohydrates
Pasta with Meat Sauce*		
WW Pasta	1 cup	~40 g
Meat Sauce *	2/3 cup	~8 g
Vegetable Pasta Salad* (Side Dish)	1 cup	~24 g
Chicken Parmesan with Pasta		
WW Pasta	1 cup	~40 g
Crispy Chicken Patty	See page 5- confirm with manager which manufacturer they are using	
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
Baked Ziti with Mozzarella Cheese*	1 1/2 cups	~51 g



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Jumbo Cheese Ravioli with Marinara Sauce		
Jumbo Cheese Ravioli- Tasty Brand 00804WG	4 each	32 g
Marinara Sauce- Red Gold	3 oz	~6 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
Garlic WG Bread Stick* Bake Crafters 5011	1 each	14 g
OR		
Dinner Roll – 1 oz (grams of carbohydrates will vary by manufacturer)		
Chicken Bruschetta Pasta		
WW Pasta	1 cup	~40 g
Diced Chicken- Tyson 22830-928	2 oz	0 g
Diced Tomatoes – Harvest Value	½ cup	4 g
Chicken Alfredo Pasta / Pasta Alfredo with Chicken & Broccoli		
WW Pasta	1 cup	~40 g
Diced Chicken- Tyson 22830-928	1.15 oz	0 g
Alfredo Sauce- JTM 5722	3.66 oz	~10g
Broccoli	½ cup	~5 g
Buffalo Chicken Macaroni & Cheese / Buffalo Chicken Mac & Cheese	1 cup	~31 g
Food Item: Pasta Dishes	Serving Size	Grams of Carbohydrates
Fiesta Lasagna*		
WGR Potato and American Piergoies- Mrs Ts 41164-00376	2 each	~19 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	1.25 oz	0.5 g
Beef Crumbles (Soy Added) CP5876/5876CE	1.25 oz	~1 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Salsa	1/2 cup	~8 g
WGR Corn Tortilla Chips Tostitos	4 chips	~6 g
Served with WGR Corn Tortilla Chips Tostitos	10 each	~15 g
Buttered Noodles*	1 cup	~40 g



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Swedish Meatballs with Buttered Noodles		
Buttered Noodles*	1 cup	~40 g
Swedish Meatballs*	4 Meatballs	~17 g
Pasta Alfredo/Pasta Primavera with Garden Vegetables		
WW Pasta	1 cup	~40 g
Alfredo Sauce- JTM 5722	4 oz	~11g
Mixed Vegetables	¼ cup	~3 g
Cheese Lasagna Rollup with Marinara Sauce		
Cheese Lasagna Rollup- Tasty Brand 00801WG	1 each	29 g
Marinara Sauce- Red Gold	4 oz (1/2 cup)	8 g
Food Item: Pasta Dishes	Serving Size	Grams of Carbohydrates
Italian Sampler		
Breaded Ravioli Tasty Brands 41834	6 each	25 g
Mozzarella Sticks-Tasty Brands 41009	3 each	20 g
Marinara Sauce- Red Gold	2 oz	4 g
All Beef Products below are served on a 2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)		
NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
Frame Grilled Beef Patty-Smart Picks 6100600D	1 each	2 g
All Beef Patty-JTM CP5610	1 each	1 g
All Beef Patty- AdvancePierre	1 each	0 g
All Beef Patty- AdvancePierre with 1 slice Cheese	1 each	~1 g
BBQ Beef Rib Patty with Sauce CP5691-JTM 2.8oz.	1 each	6 g
BBQ Beef Rib Patty with Sauce 5691CE-JTM	1 each	5 g
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
All Beef Hot Dog-Berks-Berks 1016	1 each	0 g
Food Item: Beef Recipes		
Hot Dog Sliders		



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All Natural Beef Mini Franks-Sabrett 764	2 Each	2g
WGR Hot Dog Slider Buns-Bakecrafters-595	2 Each	32g
Beef Nacho Platter		
WGR Corn Tortilla Chips Tostitos	15 each	~23 g
Rice & Beans*	½ cup	~20 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
OR		
Beef Nacho Platter with <u>NO</u> Rice & Beans		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
Hard Beef Tacos with White or Brown Rice		
Beef Crumbles- Advance Pierre 9737 or 9739 or	2.5 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2.5 oz	2.5 g
WG Corn Taco Shells- Mission 07381	3 each	21 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
Soft Flour Beef Taco with White or Brown Rice		
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
6" Soft WGR Flour Tortilla- Mission 33822	1 each	14 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~21 g/~20 g/~26 g
OR		
Tex-Mex Brown Rice/Long Grain White Rice/Medium Grain White Rice	½ cup	~22 g/~21 g/~27 g
The MAC Burger		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- Advance Pierre with 1 slice Cheese or	1 each	~ 2 g
All Beef Patty-JTM CP5610	1 each	1 g
Thousand Island Dressing- Ken's KEB56ZY	1 TBSP	~2.5 g



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Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates
<i>Texas Wedges with Chili & Cheese</i>		
Chili Con Carne with Beans*	2/3 cup	~8 g
Potato Wedges- Ore-ida OIF00024A	1/2 cup	15 g
<i>Steak Fajita Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
<i>Rodeo Burger</i>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~ 2 g
All Beef Patty-JTM CP5610	1 each	1 g
BBQ Sauce	2 TBSP	9 g
WGR Onion Rings- Tasty Brands 33504	2 each	~11 g
<i>Philly Cheesesteak wrap or Hero</i>		
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
10" WGR Wrap- Mission 33825	1 each	29 g
OR		
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
<i>Smokey BBQ Rib Sandwich</i>		
2 oz Hamburger Bun- will vary by manufacturer	1 each	
Beef BBQ Rib Pattie- Advance Pierre	1 each	9 g
<i>Taco Pie*</i>	1 portion	~32 g
<i>The MAC Burger Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~ 1 g
All Beef Patty-JTM CP5610	1 each	1 g



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Thousand Island Dressing- Ken's KE856ZY	1 TBSP	~2.5 g
<i>Quesadilla Burger Wrap</i>		
10" WGR Wrap- Mission 33825	1 each	29 g
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g
All Beef Patty-JTM CP5610	1 each	1 g
Salsa	1/4 cup	4 g
Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates
<i>Scoop A Bowl- Beef Taco</i>		
Tostitos Oven Baked Scoops(.875 oz Bag)- Tostitos	1 bag	19 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
<i>Chili with Rice</i>		
Chili Con Carne with Beans*	2/3 cup	~8 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
<i>Bacon Cheeseburger on a Bun</i>		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g
All Beef Patty-JTM CP5610	1 each	1 g
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
<i>Walking Beef Nachos</i>		
Nacho Cheese Doritos - RF WGR-1oz	1 bag	20 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g
Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
<i>Beef Taco Beef Hot Dog on Bun</i>		
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g



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Beef Taco Topping	1 TBSP	Less than 1 g
Firecracker Hamburger on a Bun		
2 oz Hamburger Bun or 2.3 oz Kaiser Roll (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre or	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
Boom Boom Sauce- Ken's Dressing	1 tbsp	~1.5 g
California Steak & Cheddar Melt		
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
WW 5" Hero Roll- will vary by manufacturer	5" Hero	
Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates
Southwest Burger on a Bun		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre or	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
Salsa	2 tbsp	~2 g
Bacon Cheddar Burger on a Bun		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
Turkey Bacon - Jennie-O 2711-06	1 slice	0 g
All Beef Patty- AdvancePierre or	1 each	0 g
All Beef Patty-JTM CP5610	1 each	1 g
Hot Dog on a Bun with Chili		
Chili Con Carne with Beans*	¼ cup	~3 g
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Hot Dog on a Bun with Cheese		



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All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Hot Dog on a Bun with Chili & Cheese		
Chili Con Carne with Beans*	1/8 cup	~1.5 g
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Mushroom Swiss Burger on a Bun		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~ 2 g
All Beef Patty-JTM CP5610	1 each	1 g
Sautéed Mushrooms*	1.5 oz	~4 g
Food Item: Beef Recipes	Serving Size	Grams of Carbohydrates
Queso Crunch Burger*		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre or	1 each	~ 2 g
All Beef Patty-JTM CP5610	1 each	1 g
Queso Sauce*	1 oz	~1.5 g
WGR Corn Tortilla Chips Tostitos	3 each	~5 g
California Cheeseburger on a Bun		
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~1 g
All Beef Patty-JTM CP5610	1 each	1 g
Mayonnaise- Cains 59110	1 tbsp	2 g
Beef Burrito Bowl*		
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Shredded Cheddar Cheese- USDA	½ oz	0 g
Beef Crumbles- Advance Pierre 9737 or 9739 or	2 oz	Less than 1 g



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Beef Crumbles (Soy Added) CP5876/5876CE	2 oz	2 g
Fajita Peppers & Onions Blend with Seasoning*	¼ cup	~7 g
Pinto Beans with Seasoning*	¼ cup	~12 g
Roast Beef French Dip Sandwich		
WW 5" Hero Roll- carbs will vary by manufacturer	1-5" Hero	
Roast Beef- Berks 6185	2.5 oz	~1.25 g
Beef Gravy- Knorr's #84129492	3 oz	~7 g
Italian Hot Dog on a Bun*		
All Natural Beef Hot Dog- Sabrett 1438	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Potato Wedges- Lamb Weston Q80	¼ cup	~9 g
Peppers & Onions*	2 oz	~5 g
Beef Lo Mein		
WW Pasta	1 cup	~40 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 1.6 Tbsp	~11 g/ ~13 g
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
Teriyaki Sauce- JTM 73470 or General Tso- JTM 73450	~ 3 Tbsp	~20 g/ ~24 g
Food Item: Beef Recipes		
Sriracha Cheeseburger on a Bun	Serving Size	Grams of Carbohydrates
2 oz Hamburger Bun (grams of carbohydrates will vary by manufacturer)	1 each	
All Beef Patty- AdvancePierre with 1 slice Cheese or	1 each	~ 1 g
All Beef Patty-JTM CP5610	1 each	1 g
Sriracha Sauce	½ tbsp	~1.5 g
Light Ranch Dressing	½ tbsp	0.5 g
Korean Beef Soft Tacos with Asian Slaw		
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
6" Soft WGR Flour Tortilla- Mission 33822	2 each	28 g
Teriyaki Sauce- JTM 73470	1 oz	13 g
Sweet Chili Sauce JTM 73480	1 oz	13 g



Carbohydrate Count of Common Food Items 9-12

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Updated April 2021

Asian Slaw on Tacos	¼ cup	~6 g
Asian Slaw* on side	¾ cup	~18 g
Sweet Chili Beef Noodle Bowl with Green Beans*		
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
Sweet Chili Sauce- JTM 73480	3.2 Tbsp	~21 g
WW Pasta	1 cup	~40 g
Green Beans*	½ cup	~4 g
Sweet Chili Beef Rice Bowl		
Beef Philly Steak- JTM 5813CE/CP5813	2.86 oz	3 g
Sweet Chili Sauce- JTM 73480	3.2 Tbsp	~21 g
Brown Rice/Long Grain White Rice/Medium Grain White Rice	1 cup	~42 g/~40 g/~52 g
Broccoli*	½ cup	~5 g
Food Item: Bags & Platters	Serving Size	Grams of Carbohydrates
Bagel Bag		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Fruit of the Day	½ cup	grams of carb will vary
Cream Cheese- Fat Free	1 oz	3 g
Cereal Bag		
Heartzels Pretzels Rold Gold	1 package	15 g
Cereal Bowl, Ready to Eat	1 oz	grams of carb will vary
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section) or 1 oz Cheese Stick	4 oz or 1 oz	grams of carb will vary/ 0 g
Yogurt Bag		
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Fruit of the Day	½ cup	grams of carb will vary
4 oz Yogurt (see yogurt section)	4 oz	grams of carb will vary
Fruit & Cheese Platter		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Fruit of the Day	½ cup	grams of carb will vary



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Hummus Platter		
2 oz WW Pita Bread- grams of carbohydrates will vary by manufacturer	1 each	
Fruit of the Day	½ cup	grams of carb will vary
Sabra Hummus (Sesame) or Sesame Free Hummus*	4 oz	~16 g
Yogurt & Fruit Parfait with Granola for Lunch Only - if served for breakfast it is ¼ cup granola and 4 oz yogurt		
Cinnamon Granola- Rock'Ola # 4193	½ cup	~34 grams
Low Fat Vanilla Yogurt- General Mills 16632000	8 oz	~39 grams
Fruit of the Day	½ cup	grams of carb will vary
Food Item: Quesadillas/Burritos- Check with Cafeteria if they make purchase or make in-house	Serving Size	Grams of Carbohydrates
WG Chicken & Cheese Quesadilla Pizza- The Max 127006	1 each	37 g
WG Pizza Cheese Quesadilla- The Max 126993	1 each	39 g
WG Chicken & Cheese Quesadilla*		
10" WGR Wrap- Mission 33825	1 each	29 g
WG Cheese Quesadilla*		
10" WGR Wrap- Mission 33825	1 each	29 g
Bacon, Chicken & Cheese Quesadilla*		
10" WGR Wrap- Mission 33825	1 each	29 g
Breakfast Burrito*		
Scrambled Egg Mix-Michael Foods-34730-54802-00	2 oz	1.5g
Potato Wedges-McCain	½ Cup	15g
Salsa	2 oz	~4g
Sausage Patty- Tyson 17443-928	1 each	1 g
10" Tortilla-Mexican Original 012919-0621	1 each	33 g
Food Item: Turkey		
All Turkey Products below are served on a		
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		



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NOT INCLUDED IN GRAMS OF CARBOHYDRATES BELOW		
Food Item: Turkey	Serving Size	Grams of Carbohydrates
Pretzel Dog- Kunzler 1113	1 each	31 g
Turkey Corn Dog Nuggets	6 pieces	33 g
Turkey Hot Dog- Kunzler 1079	1 each	1 g
Turkey, Open Faced Sandwich		
WW Bread (1 oz slice- grams of carbohydrates will vary by manufacturer)	2 slices	
Turkey Gravy- Monarch	3 oz	~4.5 g
Roast Turkey with Gravy & Soft Roll or Stuffing		
Dinner Roll (2 oz)- will vary by manufacturer	1 each	
OR		
Bread Stuffing*	½ cup	31 g
Turkey Gravy- Monarch	3 oz	~4.5 g
Food Item: Turkey	Serving Size	Grams of Carbohydrates
Turkey Nacho Platter with Rice & Beans		
WGR Corn Tortilla Chips Tostitos	15 each	~23 g
Rice & Beans*	½ cup	~20 g
Turkey Taco Filling- Commodity	2.5 oz	~3 g
OR		
Turkey Nacho Platter with <u>NO</u> Rice & Beans		
WGR Corn Tortilla Chips Tostitos	18 each	~28g
Turkey Taco Filling- Commodity	2.5 oz	~3 g
Turkey Taco Turkey Hot Dog on Bun		
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)	1 each	
Turkey Hot Dog- Kunzler 1079	1 each	1 g
Turkey French Dip Sandwich		
WW 5" Hero Roll- carbs will vary by manufacturer	1-5" Hero	



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Turkey Gravy- Monarch	3 oz	~4.5 g
Deli Turkey - Jennie-O 835402	5 oz	~6 g
Italian Hot Dog on a Bun*		
Turkey Hot Dog- Kunzler 1079	1 each	1 g
2 oz Hot Dog Bun (grams of carbohydrates will vary by manufacturer)		
Potato Wedges- Lamb Weston Q80	¼ cup	~9 g
Peppers & Onions*	2 oz	~5 g
Thanksgiving Bowl		
Dinner Roll (2 oz)- will vary by manufacturer	1 each	
Pumpkin Swirl Roll Hadley	1 each	38 g
Turkey Gravy- Monarch	2 oz	3 g
Mashed Potatoes- Basic American Foods 3677739	½ cup	~15 g
Corn, Steamed	½ cup	~15 g
Turkey Roast	2.5 oz	0 g
Cranberry Sauce	2 oz	28 g
Bread Vendors: Anthony & Sons, Pechters, or Morabito		
please check with your cafeteria manager for the vendor your school uses		
Anthony & Sons		
WW Dinner Roll -#42	2 oz Roll	27 g
WW Hamburger Bun -#122	2 oz Bun	27 g
WW Hot Dog Bun -#311	2 oz Bun	28 g
WW Bread -#343	2 (1 oz) Slices	24 g
WW 5" Hero -#307	2 oz Hero	25 g
WW Medium Kaiser #57	2.3 oz Roll	29 g
WW Split Top Dinner Roll (small) #514	1 oz Roll	16 g
WW Pita #128 or Toasted Pita Wedges*	2 oz Pita	30 g
Pechters		
WG Dinner Roll -#2503	2.4 oz Roll	31 g
WW Hamburger Bun -#7509	2.2 oz Bun	27 g
WG Hamburger Bun # 0346	1.8 oz Bun	23 g
WG White Wheat Hamburger Bun-#7506	2 oz Bun	26 g
WG White Wheat Hot Dog Bun-#5405	2.05 oz Bun	26 g
WG Hot Dog Bun-#330	2.2 oz Bun	27 g
WG Hot Dog Bun #313	1.8 oz Bun	23 g



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WG Bread-#7850	2 (1 oz.) Slices	28 g
WG White Bread-#7500	2 (1 oz.) Slices	26 g
WW White Bread-#7852	2 Slices	28 g
WW 5" Hero -#235	2.4 oz Hero	32 g
WW Medium Kaiser #2505	2.4 oz Roll	31 g
WG Kaiser # 2504/2501	3 oz Roll	38 g
WG Kaiser #0197/0201	1.85 oz Roll	25 g
WW Dinner Roll (small) #0445	1 oz Roll	17 g
WG Wheat Club Roll #0235/0233	2.4 oz Roll	32 g
WG Wheat Dinner Roll #70022/7883	1.5 oz Roll	20 g
WG Wheat Dinner Roll	2 oz Roll	27 g
WW Pita #0432 or Toasted Pita Wedges*	2 oz Pita	30 g
WW Wrap	1 Wrap	27 g
WG Club Roll # 0231/0229	3 oz Roll	40 g
WG Wheat Bread # 0507	2 Slices	24 g
WG Wheat French Bread # 0591	2 (1 oz.) Slices	54 g
WG Wheat Bagel # 5984	1.8 oz	27 g
Wheat Twist Rolls #0445	1.3 oz	16 g
WG Wheat Club Roll # 7962/7961	1.85 oz	25 g
Wheat English Muffin #0973	2.0 oz	24 g
Corn Bread	3 oz	30 g
Morabito		
WG Dinner Roll #290	2 oz	26 g
WW Hamburger Bun -#85	2 oz	25 g
WW 5" Hero -#591	2 oz	32 g
WW Large Kaiser #163	2.3 oz	37 g
WG Hot Dog Bun-#590	1.8 oz	22 g
WG Bread-#28	2 (1 oz.) Slices	34 g
WG Small Dinner Roll #60	1 oz	14 g
WW Pita #159 or Toasted Pita Wedges*	2 oz Pita	30 g
Food Item: Breads/Stuffing/Rice Dishes/Soft Pretzels/Rolls/Bagels/Biscuits/Donuts	Serving Size	Grams of Carbohydrates
WW Bagel- Lenders 2 oz 00074 or 00075	1 each	28 g
Biscuit- 2 oz Pillsbury 94562-32271 US # 7628803	1 each	27 g
WG Sliced Bagel-Bakecrafters 2 oz 982	1 each	27 g



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943 WG White Bagel- Bakecrafters 1.9 oz	1 each	25 g
WG Cinnamon Raisin Bagel- Bakecrafters 2.2 oz 746	1 each	35 g
Bagel, Plain- Bakecrafters 2.8 oz 620	1 each	39 g
Bagel-fuls Bagel & Cream Cheese Bar with Cinnamon Spread 21260	1 each	32 g
Bagel-fuls Bagel & Cream Cheese Bar with Strawberry Spread 21270	1 each	32 g
Donut Bite-Rich's 14839	1 each	30 g
Apple Frudel-Pillsbury 018000278527	1 each	36 g
Cinnamon Twist-E.S Foods 25317	1 each	28 g
Mini Cinnis-Pillsbury 018000336869	1 package	39 g
English Muffin, WG, 2 oz- BakeCrafters#802	1 each	21 g
English Muffin, WG, 2 oz- BakeCrafters#802	1 each	21 g
WG Bread Stick Breadstick- Bake Crafters 5011	1 each	14 g
Garlic / Herbed WG Bread Stick*- BakeCrafters#5011	1 each- 1 oz	14 g
WG Pretzel Bun- SuperPretzel 7051	1 each	29 g
WGR Garlic Bread *- HALF of a 5" Hero from your Bakery- Carbs will vary by Vendor	½ of 5" Hero	
Bread Stuffing*	½ cup	~31 g
Gravy- Monarch	2 oz	~3 g
Confetti Rice (Rice & Veggies) *	1.25 cup	~49 g
Pumpkin Swirl Roll- Hadley 373IW	1 each (2.7 oz)	38 g
Holiday Pretzel (snowman shape) SuperPretzel 3679	1 each (2.2 oz)	30 g
Shamrock Pretzel J&J Snack Foods	1 each (2.2 oz)	30 g
Pretzelicious Apple	1 each (2.2 oz)	30g
Food Item: Pancakes, Muffins, Waffles/French Toast	Serving Size	Grams of Carbohydrates
WG Cinnamon French Toast Sticks (Sunny Fresh)	4 sticks	37 g
WW French Toast Sticks -Pappettis 46025-75016	4 sticks	~30 g
WW French Toast Cin. Slice- Michaels 46025-75014	1 slice	~25 g
WW Mini Cinnamon French Toast- Pillsbury	1 package	37 g
WW Mini Triple Berry French Toast- Pillsbury	1 package	37 g
WG French Toast Bite-Rich's 08061	3 Bites	19 g



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Whole wheat Waffles- Aunt Jemima	3 waffles	~48 g
Whole Grain Waffles- Right Start RS9201WE	3 waffles	~36 g
Mini Waffles Maple Madness- Pillsbury 018000322657	1 package	37 g
Whole wheat Cinnamon Mini Waffles Eggo	1 package	35 g
Whole wheat Maple Mini Waffles Eggo	1 package	35 g
Waffles BakeCrafters #1453	3 waffles	33 g
Whole Grain Pancakes (Buttermilk) BakeCrafters #1475	3 pancakes	45 g
Whole wheat Waffle Sticks ConAgra (This serving size is for Breakfast for Lunch Day, see Dipper Day serving size on page 9)	4 sticks	37 g
Whole Wheat Pancakes Aunt Jemima	3 pancakes	~40 g
Whole Grain Pancakes- Commodity	3 pancakes	~39 g
Whole Grain Pancakes Right Start RS7245	3 pancakes	~48 g
Whole wheat Blueberry Mini Pancakes Eggo	1 package	35 g
Whole wheat Maple Mini Pancakes Eggo	1 package	35 g
Pancake Bite-Rich's 08066	3 bites	19 g
Whole wheat Confetti Pancakes Eggo	1 package	36 g
Food Item: Pancakes, Muffins, Waffles/French Toast	Serving Size	Grams of Carbohydrates
2 oz Muffins		
Apple Cinnamon Muffin - Bake Crafters 1203	2 oz muffin	26 g
Blueberry Muffin - Bake Crafters 1201	2 oz muffin	26 g
Chocolate Chip Muffin - Bake Crafters 1204	2 oz muffin	28 g
Banana Muffin- Bake Crafters 1202	2 oz muffin	28 g
Cornbread Muffin-Superbakery 9053	2.4 oz muffin	34 g
4 oz Muffins		
Banana Muffin - Bake Crafters 1324	4 oz muffin	55 g
Blueberry Muffin - Bake Crafters 1314	4 oz muffin	51 g
Chocolate Chip Muffin - Bake Crafters 1392	4 oz muffin	56 g
Chocolate Chocolate Chip, IW-Bake Crafters 1325	4 oz muffin	54 g
Chocolate Chocolate Chip - Bake Crafters 1392	4 oz muffin	53 g
Food Items: Peanut Butter	Serving Size	Grams of Carbohydrates
Peanut Butter & Jelly- Jamwich 92123	2 packages	68 g
Peanut Butter- Commodity	2 TBSP / 4	~8 g / 16 g



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	TBSP	
Peanut Butter-Fisher 01744	2 tbsp	5 g
Food Items: Pizza	Serving Size	Grams of Carbohydrates
PizzaBoli- WG Tasty Brands 53201	1 each	34g
Breakfast Pizza	1 serving	31g
Cheese Pizza 15" -D6103857	1 serving	29g
WW Pizzeria Style Pizza (NY Style) - Nardones 16WPS2	1 slice	29 g
Bella's Pizzeria Style Pizza (NY Style) Nardones 16BWFC	1 slice	30 g
WW Four Cheese Pizza (Pizzeria Style) Nardones 16WFC	1 slice	30 g
WW Wedge Cheese Pizza- Nardones 96 WWED2	1 slice	30 g
4x6 WW Cheese Pizza - Nardones 96WW2	1 each	30 g
4x6 WW Cheese Pizza-Nardones 401WCM2	1 each	30 g
Bella's 4x6 WW Cheese Pizza - Nardones 96BWW2	1 each	30 g
6" WW Personal Pan Pizza - Nardones 625WRM2	1 each	31 g
WW "Deep Dish Pizza" 5" Personal Pan - Nardones 5WRMNY2	1 each	33 g
WW French Bread Pizza - Nardones 60WUM2	1 each	33 g
WW Stuffed Crust Pizza - Gilardi 16272 20113	1 each	33 g
WW Stuffed Crust Pizza - Gilardi 16272 20111	1 slice	42 g
WGR Domino's Smart Pizza- 14" Pie	1 slice (1/8 pie)	29 g
WGR Domino's Smart Pizza- 16" Pie	1 slice (1/8 pie)	39 g
Papa John's Pizza Slice - WGR	1 each	39 g
Mini Pizza Bagels- Tasty Brands 52222	5 each	~30 g
WW Turkey Pepperoni Pizza 16 inch (Pepperoni Pizza) Nardones 16WPSTP3	1 slice	29 g
WG Pepperoni Pinwheel/Stromboli E.S Foods 25404	1 each	36 g
WG Vegetable Pinwheel- E.S Foods 101818	1 each	34 g
WW Pizza Sticks (Twisted Cheesy Breadsticks Tasty Brands 62001	2 each	34 g
with Pasta Marinara*	1/2 cup	~26 g
WG Mozzarella Sticks- Tasty Brands 41009	6 each	~40 g



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WW Mozzarella Sticks - Giorgio's	6 each	36 g
Margherita Flatbread Pizza*	1 each	~32 g
Cheesy Buffalo Chicken Flatbread		
Flatbread WGR - Rich's 14010	1 each	28 g
Hot Sauce- Texas Pete	1 tbsp	~1 g
Light Ranch Dressing	1 tbsp	~1 g
Mini Pepperoni or Cheese Calzones with Marinara*		
Mini Pepperoni or Cheese Calzones-Giorgio's	3 pieces	34 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
Steak Calzone - Giorgio	1 each	28 g
Food Items: Pizza	Serving Size	Grams of Carbohydrates
Pizza Crunchers with Marinara Sauce		
Pizza Crunchers - Rich's 65225	4 pieces	41 g
Marinara Sauce- Red Gold	2 oz (1/4 cup)	~4 g
16" Rolled Edge Cheese Pizza- Big Daddys 78985	1 slice	43 g check with manager if they are using this product
Food Items: Yogurt- Check with your Cafeteria Manager the Brand/ Size of Yogurt Used		
DANIMALS		
Strawberry NF Yogurt Danimals - Dannon 2731	4 oz Container	14 g
Strawberry Banana LF Yogurt Danimals - Dannon 2732	4 oz Container	14 g
FRUIT ON THE BOTTOM		



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LF Cherry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	25 g
LF Blueberry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	26 g
LF Mixed Berry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	25 g
LF Raspberry Fruit on the Bottom Yogurt- Dannon	5.3 oz Container	26 g
LIGHT & FIT		
Peach Light & Fit Yogurt Dannon	5.3 oz Container	13 g
Strawberry Light & Fit Yogurt Dannon	5.3 oz Container	13 g
Blueberry Light & Fit Yogurt Dannon	5.3 oz Container	13 g
LOW FAT VANILLA		
LF Vanilla Yogurt- Dannon	5.3 oz Container	22 g
Food Items: Condiments		
Check with your Cafeteria Manager the Brand/ Portion of Condiments used		
Cream Cheese, FF- Schreiber	1 pc container	~3 g
Cream Cheese- Schreiber	1 pc container	2 g
Cream Cheese-Vegetable-Schreiber	1 pc container	1 g
Cream Cheese-Strawberry-Schreiber		
Jelly, Grape - Heinz	1 tbsp	13 g
Ketchup Packet (9 g)- Red Gold	1 packet	2 g
Ketchup- (9 g)- Heinz	1 packet	3 g
Ketchup (17 g)- Red Gold	1 TBSP	4 g
Ketchup- (17 g)- Heinz	1 TBSP	5 g
Mayo, Reduced Calorie- Kens	1 tbsp	1 g
Mayo, Extra Heavy-Kens 898	1 tbsp	0 g
Mayo, PC- Americana	1 packet	1 g
BBQ Sauce- Kens K0849	2 tbsp	10 g
Salsa, Mild- Red Gold	2 tbsp	2 g



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Salsa, Chunky- USDA	2 tbsp	2 g
Sour Cream- Glenview Farms	2 tbsp	2 g
Sweet & Sour Sauce- Minh	2 tbsp	11 g
Syrup, Pancake- Americana	1.5 oz	31 g
Honey-Smuckers	0.5 oz	11 g
Salad Dressing Bottles	Serving Size	Grams of Carbohydrates
Caesar Dressing		
Light Caesar Dressing- Kens KE0808	2 tbsp	3 g
Creamy Caesar Dressing- Kens KE0670ZY	2 tbsp	1 g
Italian Dressing		
Light Italian Dressing- Kens	2 tbsp	2 g
Low Calorie Italian Dressing Kens KE0601ZY	2 tbsp	3 g
Ranch Dressing		
Light Ranch Dressing- Kens	2 tbsp	2 g
Thousand Island Dressing		
Thousand Island Dressing-Kens-616	2 tbsp	4 g
Blue Cheese Dressing		
Blue Cheese Dressing-Kens 665	2 tbsp	1 g
Raspberry Dressing		
FF Raspberry Dressing-Kens-630	2 tbsp	9 g
Balsamic Vinegar Dressing		
FF Vinegar Balsamic Dressing-Kens 486	2 tbsp	5 g
Salad Dressing PC's		
French Dressing		
Low Calorie French Dressing, PC- Americana	12 g packet	1 g



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Italian Dressing		
Golden Italian Dressing, PC- Kens	1.5 oz	3 g
Fat Free Italian Dressing, PC- Kens	1.5 oz	5 g
Low Calories Italian Dressing, PC- Heinz	12 g packet	1 g
Ranch Dressing		
Light Ranch Dressing, PC- Kens	1.5 oz	7 g
Light Buttermilk Ranch Dressing PC- Kens	1.5 oz	6 g
Light Ranch Dressing, PC- Americana	12 g packet	3 g
Blue Cheese Dressing		
Blue Cheese Dressing-Kens 813B3	1.5 oz	2 g
Balsamic Vinegar Dressing		
Light Olive Oil and Vinegar Balsamic Dressing-Kens 636	1.5 oz	5 g
Balsamic Vinaigrette-Kens 1057B3	1.5 oz	2 g
Honey Dijon Dressing		
FF Honey Dijon Dressing-Kens 600B3	1.5 oz	13 g
Food Items: Sorbet		
	Serving Size	Grams of Carbohydrates
100% Blue Raspberry Sorbet- Luigi's #48443	4.4 fl oz	19 g
100% Watermelon Sours Sorbet- Luigi's #48450	4.4 fl oz	20 g
100% Orange Juice Fruit Sorbet- Luigi's #48441	4.4 fl oz	19 g
100% Frozen Juice Sorbet Kiwi Strawberry-Luigi's #48445	4.4 fl oz	18 g
Maschio's 100% Frozen Juice Sorbet Lemon-Cherry-J&J Snack Foods #48430	4.4 fl oz	19 g
Food Items: Cookies		
Fortune Cookie	1 each	~4 g
Food Items: Pudding		
Chocolate Pudding- Bay Valley 798 7345	½ cup	28 g
Food Items: Pastries		
10" Cinnamon Sugar Churro-J&J 3328	½ of Churro	~12g
WG Guava Strawberry Flip 1140IW	1 each	45 g
Food Items: Soups		



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Chicken Noodle Soup*	1 cup	~24 g
Chicken Noodle Soup- <i>Campbells, prepared according to package</i>	8 oz (1 cup)	16 g
Pasta Fagiolo Soup with Chicken*	1 cup	~27 g
Chicken & Rice Soup*	1 cup	~22 g
Chicken & Rice Soup- <i>Campbells, prepared according to package</i>	8 oz (1 cup)	26 g
Lentil Soup*	1 cup	~20 g
Minestrone Soup*	1 cup	~17 g
Minestrone Soup - <i>Campbells, prepared according to package</i>	8 oz (1 cup)	14 g
Pasta Fagiolo Soup*- Vegetable	1 cup	~25 g
Tomato Soup - <i>Campbells, prepared according to package</i>	8 oz (1 cup)	20 g
Basil Tomato Soup*	8 oz (1 cup)	20 g
Veggie Tortilla Soup with crushed tortilla chips*	1 cup	~30 g
Food Items: Milk		
Fat Free Plain Milk- Cream-O-Land	½ pint	13 g
1% Milk- Cream-O-Land	½ pint	13 g
Fat Free Chocolate Milk- Cream-O-Land	½ pint	23 g
Fat Free Vanilla Milk- Cream-O-Land	½ pint	20 g
Fat Free Strawberry Milk- Cream-O-Land	½ pint	21 g
Lactaid Plain Milk	½ pint	13 g
Horizon Milk-Reduced Milk	½ pint	4 g
Horizon Organic Chocolate Milk	½ pint	23 g
Healthy Moo Fat Free Chocolate Milk	1 cup	21 g
Pacific Foods-Soy Milk	1 cup	13 g
Food Items: Seafood		
Fish Sticks- <i>USDA</i>	4 each	17 g
Potato Crusted Fish Sticks- <i>Trident 422071</i>	4 each	19 g
The Whaler Fish Sandwich		
Pollack Wedge	3.6 oz-1 each	15 g
American Cheese	1 slice	1 g
Lettuce, Shredded	½ oz	0 g
Tater Sauce	1 each	1 g
WW 2oz 5" Hero Roll- will vary by manufacturer	5" Hero	



Carbohydrate Count of Common Food Items 9-12

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Updated April 2021

Food Items: Seafood Cont.		
Fish Tacos		
Potato Crusted Fish Sticks- Trident 422071	4-1 oz sticks	19 g
Boom Boom Sauce- Ken's Dressing	2 oz	2 g
WGR Soft Tortillas-Mission 33822	2 each	28 g
Southwestern Slaw *	¼ cup	~4 g
Food Items: Bento Box Recipes		
Asian Chicken Chopped Salad Bento		
Diced Chicken-Tyson 046012-0928	2 oz	0g
General Tso's Sauce-JTM-73450	3 oz	45g
Shredded Carrot	2 Tbsp	2g
Green Onion/Scallion	2 Tbsp	0g
Chopped Romaine Lettuce	1 ½ Cups	1.5g
Chow Mein Noodles-La Choy-4430012620	2 Tbsp	~18g
WGR Pretzel Sticks-J & J 31012	2 Each	29g
Bruschetta Bento		
Shredded Mozzarella	2 oz	2g
WGR Pita	1 Each	28g
Tomato diced	½ Cup	3.5g
Basil	1 Tbsp	0g
Olive Oil	1 Tbsp	0g
Balsamic Glaze	½ Tbsp	4g
Red Grapes	½ Cup	8g
Buffalo Chicken Dip Bento		
Queso Blanco-JTM 5718	3 oz	1.5g
Hot Sauce	1 Tbsp	0g
Diced Chicken-Tyson 046012-0928	1 oz	0g
Carrot Sticks	½ Cup	7g
Celery Sticks	½ Cup	1.5g
Pretzel Sticks	2 Each	29g
Green Onion/Scallion	1 tsp	0g



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Cheese and Fruit Bento		
Cheese Cubes	2 oz	1g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
Ham and Cheese Pinwheel		
Ham- Berks 5194 or Turkey Ham-Jennie-O 8028	6 slices	1g
American Cheese-Bongards-100491	1 slice	1g
10" Flour Tortilla	1 Each	33g
Red Grapes	½ Cup	8g
Carrot Sticks	½ Cup	7g
Hummus Platter Bento		
Hummus	½ Cup	18g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
Lotsa Pasta Bento		
Vegetable Pasta Salad* (Side Dish)	1 Cup	24g
Shredded Mozzarella Cheese-Bongards 755071	2 oz	2g
WGR Pretzel Stick-J & J 31012	1 Each	14.5g
Red Grapes	½ Cup	8g
Mediterranean Chicken Gyro Bento		
Diced Chicken- Tyson 046012-0928	2 oz	0g
Tzatziki Sauce-Sysco-9669136	2 oz	2g
WGR Pita	1 Each	28g
Tomato and Cucumber Salad*	½ Cup	3g
Red Grapes	½ Cup	8g



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Muffin and Yogurt Bento		
Muffin	1 Each-2 oz	~25g
Yogurt	4 oz	14g
Cheese Cubes	2 oz	1g
Apple Slices, unsweetened-Peterson Farms	½ cup	7g
Prep-Ur-Oni Pizza Bento		
Shredded Mozzarella Cheese- Bongards 755071	2 oz	2g
Marinara or Spaghetti Sauce	2 oz	5g
WGR Pita	1 Each	28g
Pepperoni Slices	4 Each	0g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Cucumber Coins	¼ Cup	~1g
Red Grapes	½ Cup	8g
Spinnin' and Dippin' Bento		
Three Cheese Sauce-JTM 5730	3.97 oz	~4g
Chopped Spinach	2 oz	0g
Parmesan Cheese	1 tsp	0g
Carrot Sticks	½ Cup	7g
Broccoli Florets	½ Cup	3g
WGR Pretzel Stick-J & J 31012	2 Each	29g
Sunny Morning Bento		
Yogurt	4 oz	14g
Muffin	1 Each-2 oz	~25g
WGR Granola	2 oz	17g
Hard Boiled Egg	1 Each	0g
Fresh Oranges	¼ Cup	5g
Red Grapes	½ Cup	8g
The Egg-Cellent Bento		
Egg Salad*	2/3 Cup	4g
WGR Pita	1 Each	28g



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Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
The Power Play Bento		
Cheese Cubes	1 ½ Cup	0g
WGR Pretzel Stick-J & J 31012	2 Each	29g
Pepper Dippers	½ Cup	5g
Hard Boiled Egg	1 Each	0g
Red Grapes	½ Cup	8g
The Right Start Bento		
Muffin	1 Each-2 oz	~25g
Hard Boiled Egg	1 Each	0g
Pepper Dippers	½ Cup	5g
Apple Slices, unsweetened-Peterson Farms	½ cup	7g
Tuna Salad Sushi Bento		
Tuna Salad*	1/3 Cup	3g
Cucumber Strips	4 Strips	0g
Shredded Carrot	1 oz	3g
10" Flour Tortilla	1 Each	33g
Carrot Sticks	½ Cup	7g
Red Grapes	½ Cup	8g
Tuned Up Tuna Bento		
Tuna Salad*	1/3 Cup	3g
WGR Pita	1 Each	28g
Carrot	¼ Cup	2g
Celery	¼ Cup	1g
Red Grapes	½ Cup	8g
Turkey and Cheese Pinwheel		
Deli Turkey - Jennie-O 2099	3.86 oz	~1g
American Cheese	1 slice	1g
10" Flour Tortilla	1 Each	33g



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Red Grapes	½ Cup	8g
Carrot Sticks	½ Cup	7g
Yogurt and Fruit Bento		
Yogurt- Yoplait Parfait Pro	8 oz	34g
Muffin	1 Each-2 oz	~25g
WGR Granola	2 oz	17g
Blueberries, frozen- Commodity	¼ cup	~ 4.5g
Strawberries frozen-Commodity	¼ Cup	5g
Chips and Salsa Bento		
Shredded Cheddar Cheese- Bongards 755191	2 oz	2g
Tortilla Chips- Tostitos Crispy Rounds 75024-4099	14 Each	~21.5g
Salsa	2 oz	4g
Red Grapes	½ Cup	8g

